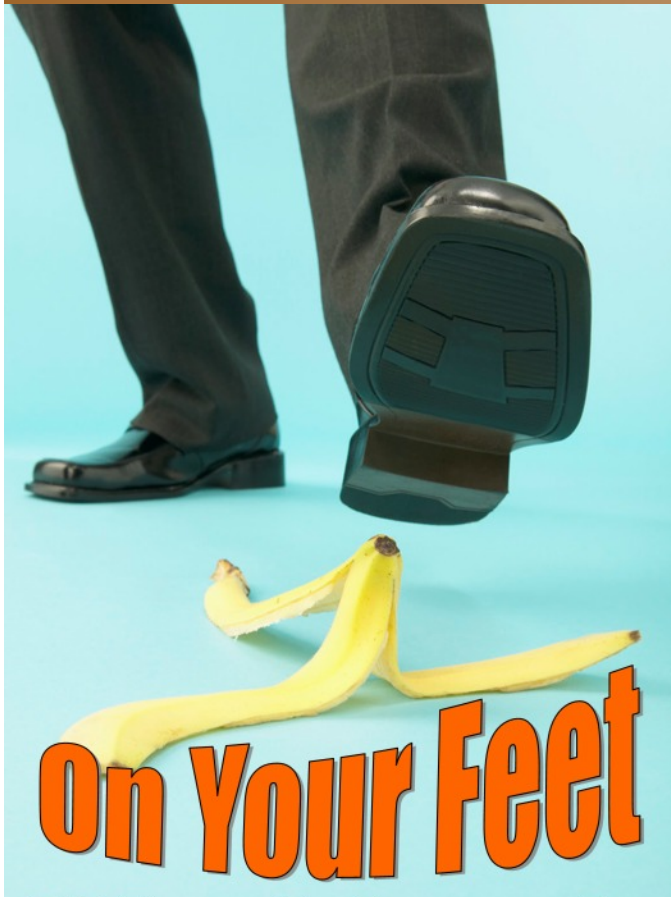


On Your Feet

A workshop that teaches motivation, team-building and presentation skills!



Overview

This is a participation-based workshop that teaches four highly important life skills:

- Motivation and self direction
- Becoming a team player
- Presentation skills
- Speaking in front of an audience

How can one workshop do all this?

Think about it this way: If you can learn to relax, just a little, while speaking in front of an audience, without worrying about what you have to say; if you can relax, just a little, and rely on those participating with you; if you can be just a little bit more agreeable and can contribute more towards the goal, doesn't that make you a more valuable member of the team?

There is a way to learn all that. Improvisation: improv for short, will teach you just that. It all comes down to one thing; it's the first rule of improv, and I teach it in the first few minutes of the workshop.

The first rule of improv says, "Yes! And?" Simply stated, it means, "Accept and advance." All improv exercises will fail if you don't follow this one rule. And it is this one lesson that will make you a better team player, and a more active contributor to the group.

What about improved presentation skills? You simply cannot help but improve your presentation skills by participating in the exercises!

It's fun for everyone. Regardless of age.

Running Time

2 hours. Anything from 1 hour to 8 hours is possible.

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